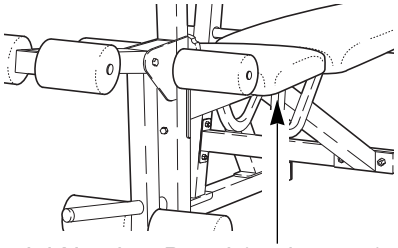
WEIDER® 175

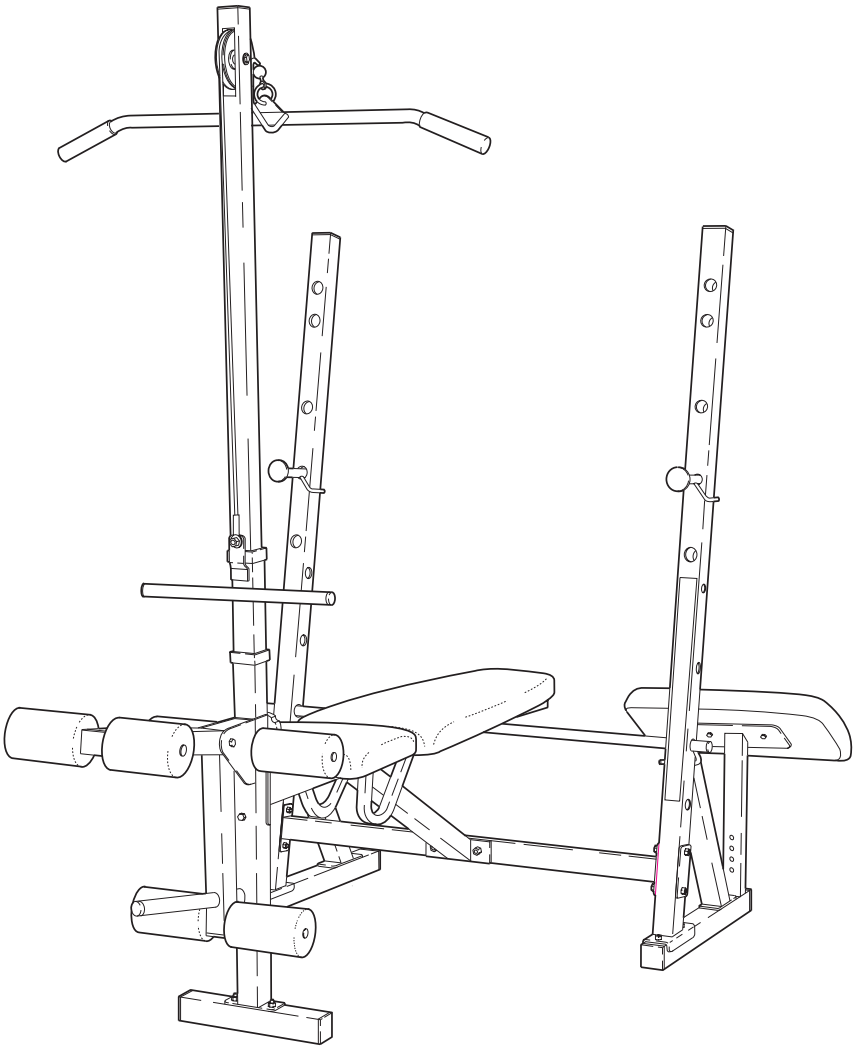
USER'S MANUAL

Model No. WEBE07790
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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PATENT PENDING

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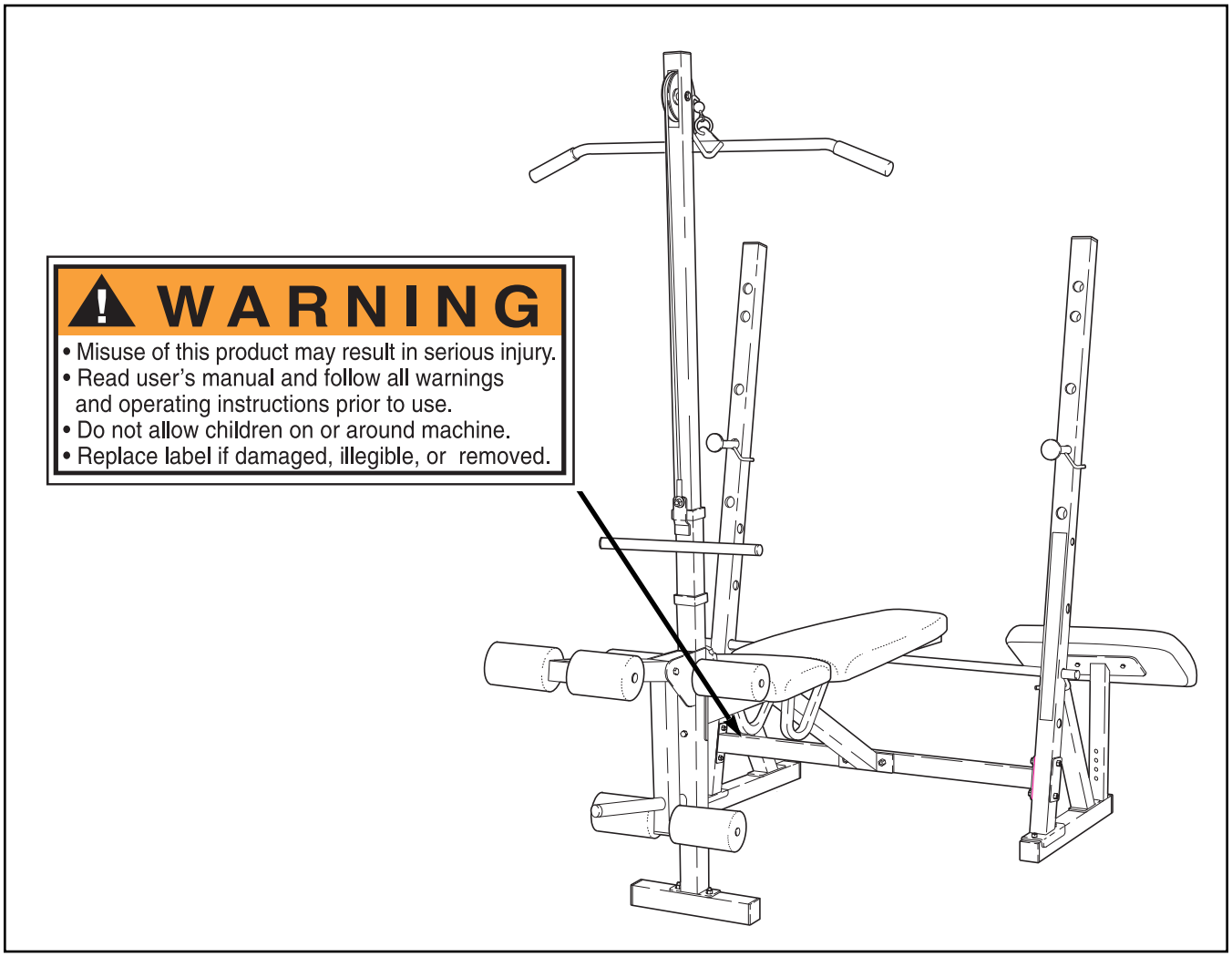
Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal to the location shown.



Important Precautions

WARNING: **To reduce the risk of serious injury, read the following important precautions before using the weight bench.**

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
5. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **Do not use a barbell (not included) longer than six feet with the weight bench.**
10. **Always make sure there is an equal amount of weight on each side of your barbell.**
11. **The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell and weights. Do not place more than 210 pounds, including a barbell and weights, on the weight rests. Do not place more than 130 pounds on the weight carriage. Do not place more than 130 pounds on the leg lever for normal use.**
12. **Always place 50 pounds on the leg lever to balance the bench when performing squat exercises (see page 15).**
13. **Always fold the backrest out of the way when performing squat exercises (see page 15). Do not sit on the seat when the backrest is folded.**
14. **Do not stand with your back to the weight bench when performing squat exercises (see page 15). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.**
15. **When using the backrest, make sure the adjustment tube is fully inserted into the adjustment holes in the uprights.**
16. **Always remove the lat tower or curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 14).**
17. **When performing an exercise during which you are sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner. Never let the weight carriage drop.**
18. **Always set both weight rests at the same height. Make sure the weight rest is turned so the locking pin snaps into place around the upright.**
19. **Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.**
20. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

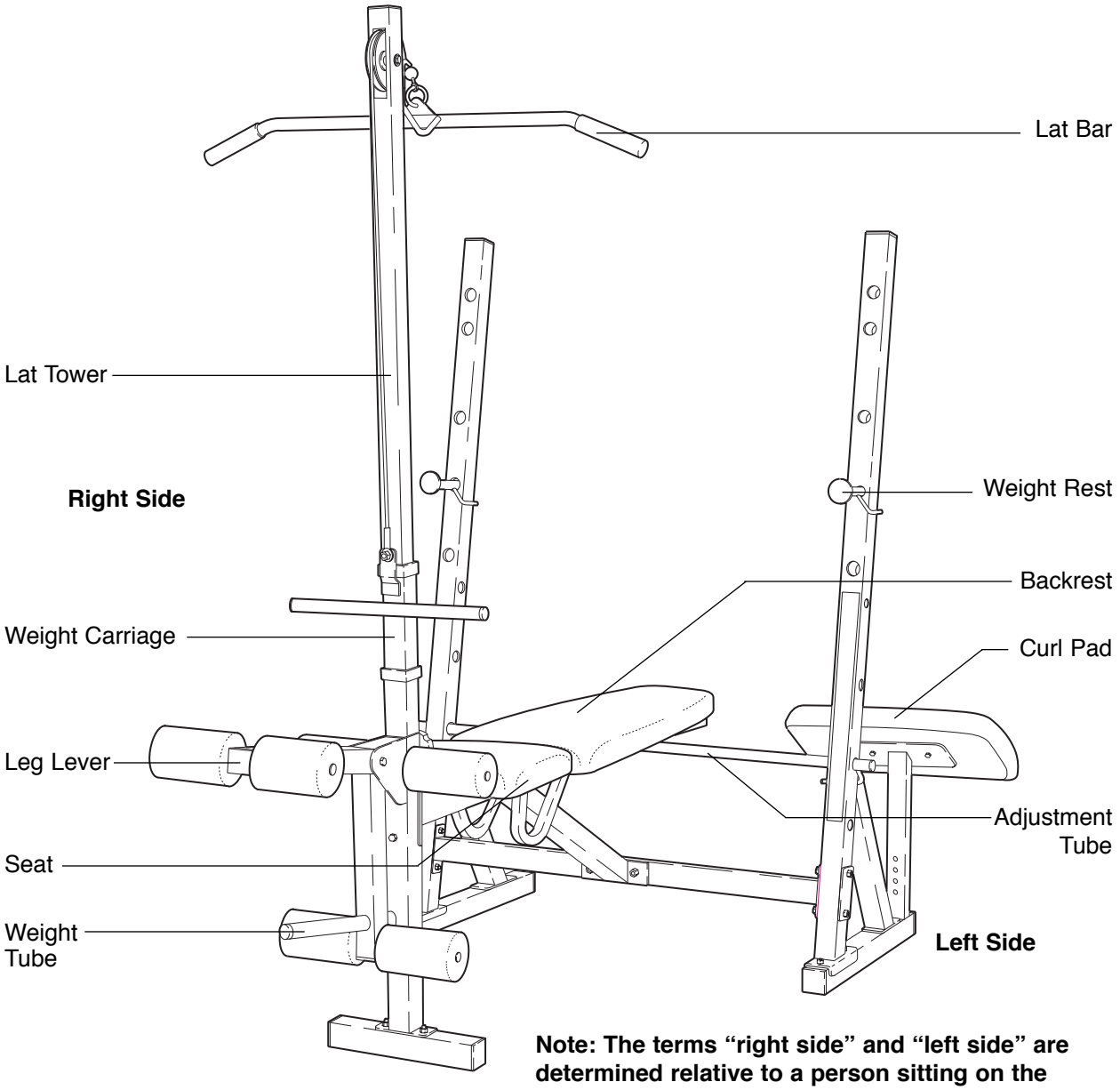
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile WEIDER® 175 Weight Bench. The WEIDER® 175 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the WEIDER® 175 Weight Bench will help you achieve the specific results you want.

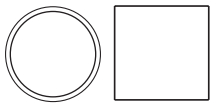
For your benefit, read this manual carefully before using the WEIDER® 175 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE07790. The serial number can be found on a decal attached to the Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

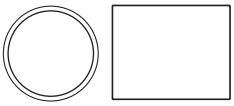


Note: The terms "right side" and "left side" are determined relative to a person sitting on the bench, and they do not correspond to what is right and left on the drawings in the manual.

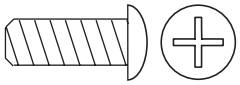
Part Identification Chart - Model No. WEBE07790 R1299A



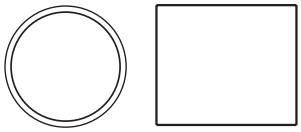
Leg Lever Spacer (50)-1



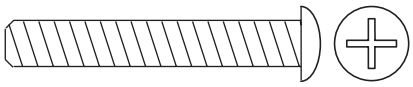
Pulley Spacer (41)-2



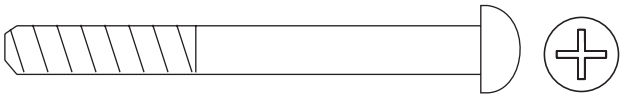
M6 x 16mm Screw (3)-4



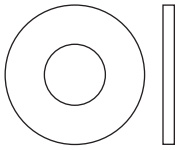
16mm x 18.5mm Spacer (8)-2



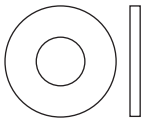
M6 x 38mm Screw (4)-4



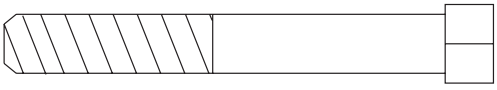
M6 x 63mm Screw (7)-1



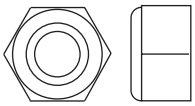
M8 Washer (23)-2



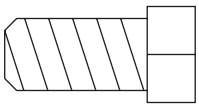
M6 Washer (30)-5



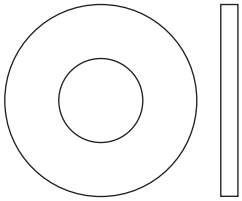
M8 x 58mm Bolt (43)-1



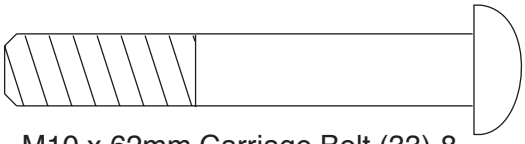
M8 Nylon Locknut (13)-1



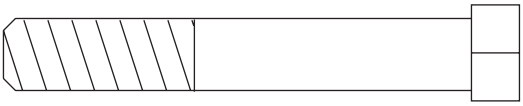
M10 x 19mm Bolt (46)-1



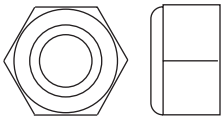
M10 Washer (6)-7



M10 x 62mm Carriage Bolt (33)-8

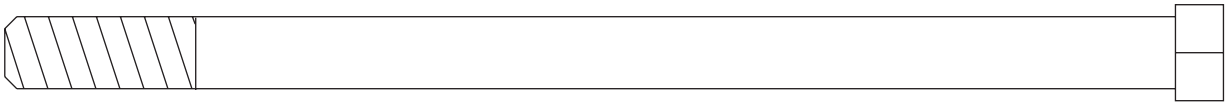


M10 x 62mm Bolt (48)-1



M10 Nylon Locknut (11)-20

M10 x 68mm Bolt (34)-9



M10 x 155mm Bolt (22)-1

Assembly

Before beginning assembly, carefully read the following information and instructions:

Make Things Easier for Yourself!
Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

- **Two (2) adjustable wrenches**
- **One (1) rubber mallet**
- **One (1) standard screwdriver**
- **One (1) phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

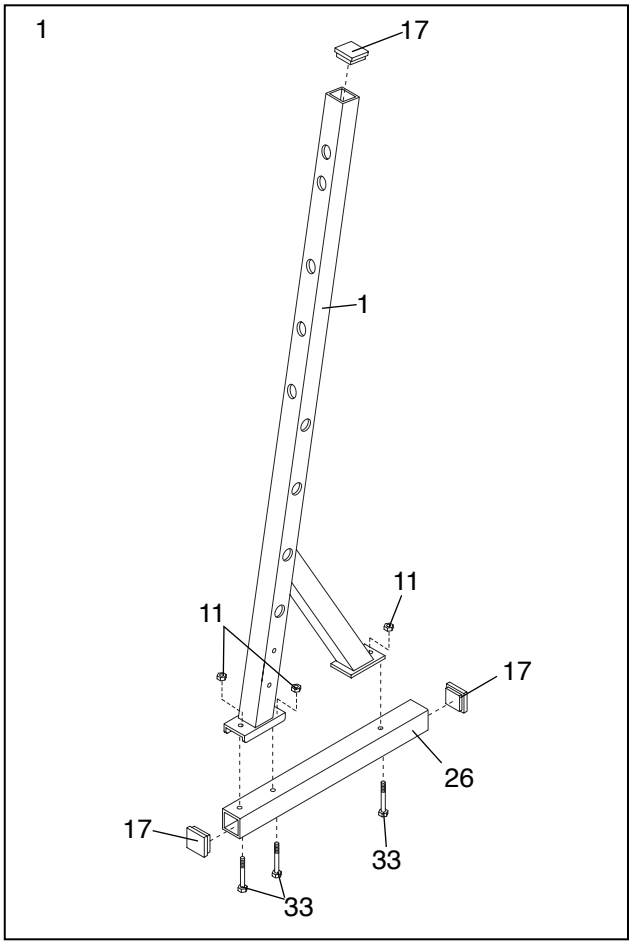
1. **Before assembling this product, make sure you understand the information in the box above.**

   Press a 2” Square Inner Cap (17) into the top end of one Upright (1).

   Press a 2” Square Inner Cap (17) into each end of the Right Stabilizer (26).

   Insert three M10 x 62mm Carriage Bolts (33) through the holes in the Right Stabilizer (26). **Note: On one side of the Stabilizer there is an indentation around the holes. Insert the Bolts from this side.** Place the Stabilizer flat on the floor.

   Place the Upright (1) over the three M10 x 62mm Carriage Bolts (33) in the Right Stabilizer (26). Secure the Upright with three M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet. Note: Set the Upright aside and make sure it cannot fall over.**



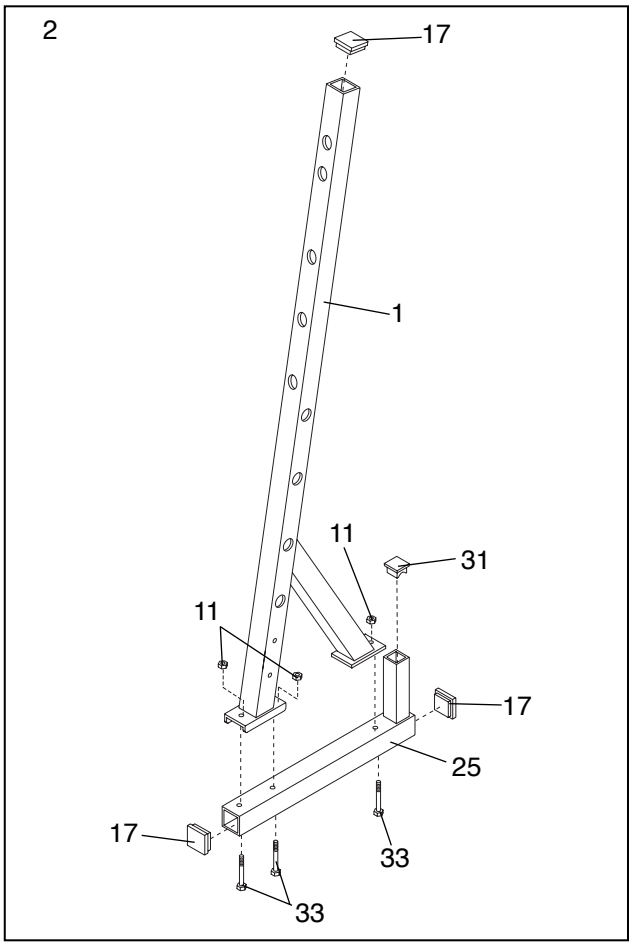
2. Press a 2” Square Inner Cap (17) into the top end of one Upright (1).

   Press a 2” Square Inner Cap (17) into each end of the Left Stabilizer (25).

   Press a 38mm x 38mm Square Inner Cap (31) into the top of the tube on the Left Stabilizer (25).

   Insert three M10 x 62mm Carriage Bolts (33) through the holes in the Left Stabilizer (25). **Note: On one side of the Stabilizer there is an indentation around the holes. Insert the Bolts from this side.** Place the Stabilizer flat on the floor.

   Place the Upright (1) over the three M10 x 62mm Carriage Bolts (33) in the Left Stabilizer (25). Secure the Upright with three M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

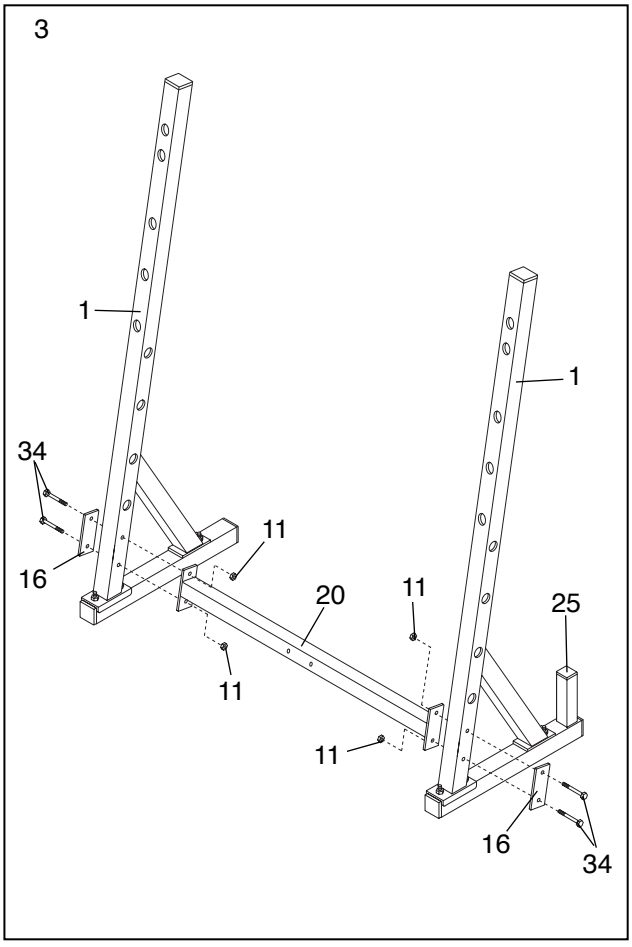


3. **Note: The Left Stabilizer (25) has a tube that allows you to store the Curl Pad and Lat Tower (44 and 9, not shown). Depending on where you plan to place the weight bench, it may be more practical for you to have this storage tube on the right side of the bench. If so, simply switch the two Uprights (1) before attaching the Crossbar (20).**

   Insert two M10 x 68mm Bolts (34) through the holes in one of the Support Plates (16) and then through the indicated holes in one Upright (1).

   While a second person is holding the Upright (1), slide the bracket on the Crossbar (20) over the two M10 x 68mm Bolts (34). Secure the Crossbar with two M10 Nylon Locknuts (11).

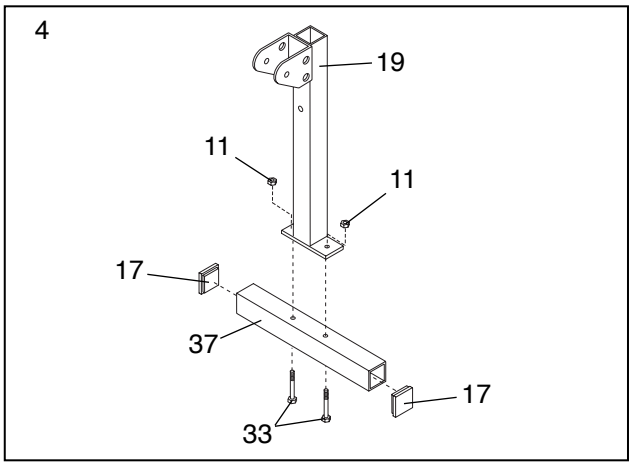
   Attach the Crossbar (20) to the second Upright (1) in the same manner.



4. Press a 2” Square Inner Cap (17) into each end of the Front Stabilizer (37).

   Insert two M10 x 62mm Carriage Bolts (33) through the holes in the Front Stabilizer (37). **Note: On one side of the Stabilizer there is an indentation around the holes. Insert the Bolts from this side.** Place the Stabilizer flat on the floor.

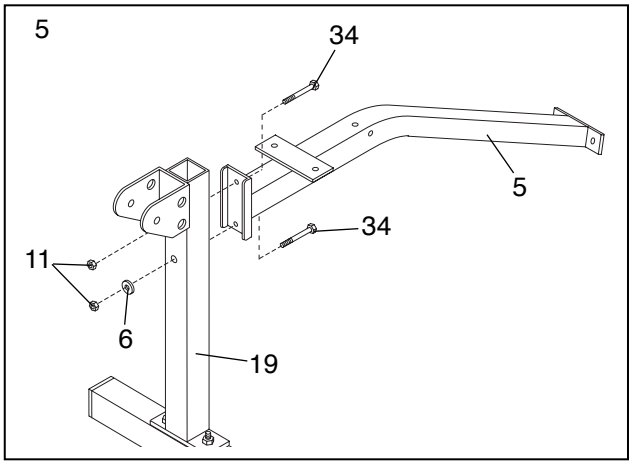
   Place the Front Leg (19) over the two M10 x 62mm Carriage Bolts (33) in the Front Stabilizer (37). Secure the Front Leg with two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



5. Insert two M10 x 68mm Bolts (34) through the indicated bracket on the Bench Frame (5) and then through the holes in the Front Leg (19).

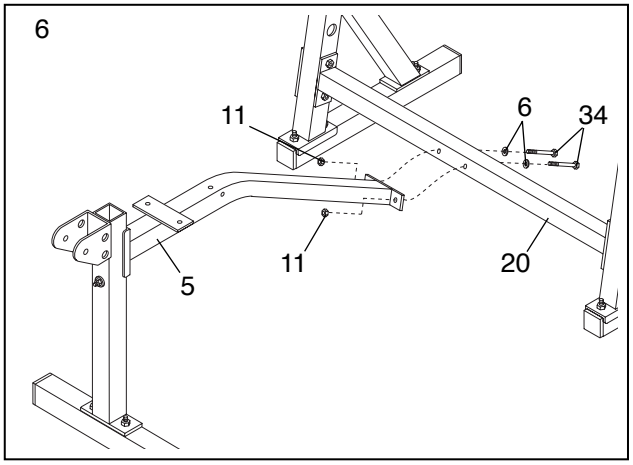
   Secure the upper of the two M10 x 68mm Bolts (34) with an M10 Nylon Locknut (11).

   Secure the lower of the two M10 x 68mm Bolts (34) with an M10 Washer (6) and an M10 Nylon Locknut (11). **Do not tighten the Nylon Locknuts yet.**



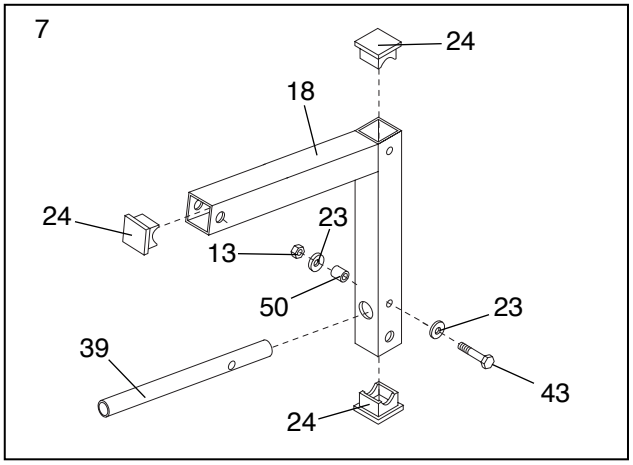
6. Slide an M10 Washer (6) onto each of two M10 x 68mm Bolts (34). Slide the Bolts through the indicated holes in the Crossbar (20).

   Slide the bracket on the Bench Frame (5) onto the two M10 x 68mm Bolts (34) in the Crossbar (20). Secure the Bench Frame with two M10 Nylon Locknuts (11). **Go back and tighten all M10 Nylon Locknuts used in steps 1 through 6.**



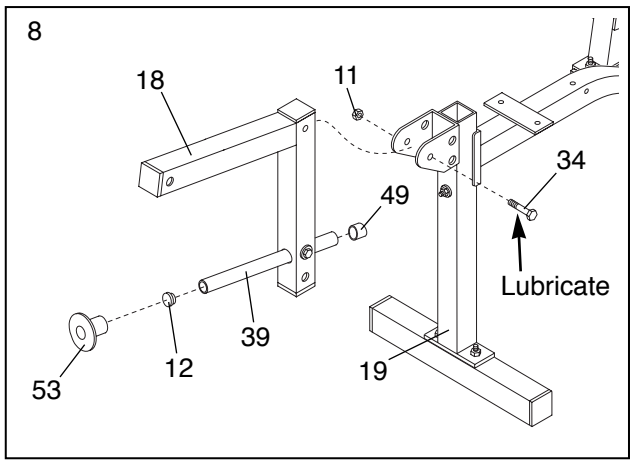
7. Press a 45mm x 45mm Square Inner Cap (24) into each end of the Leg lever (18).

   Attach the Weight Tube (39) to the Leg Lever (18) with an M8 x 58mm Bolt (43), two M8 Washers (23), the Leg Lever Spacer (50) and an M8 Nylon Locknut (13).



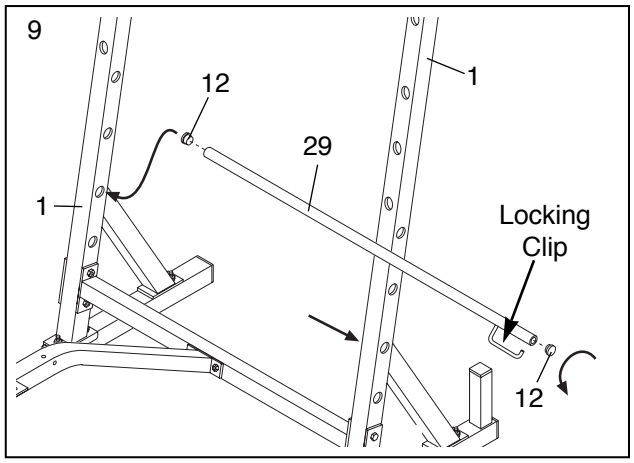
8. Press the Angle Cap (49) onto the indicated end of the Weight Tube (39). Press a 1" Round Inner Cap into the opposite end of the Weight Tube. Slide a Weight Stop (53) onto the Weight Tube.

   Lubricate the M10 x 68mm Bolt (34). Attach the Leg Lever (18) to the indicated hole in the bracket on the Front Leg (19) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut. You must be able to freely pivot the Leg Lever.**



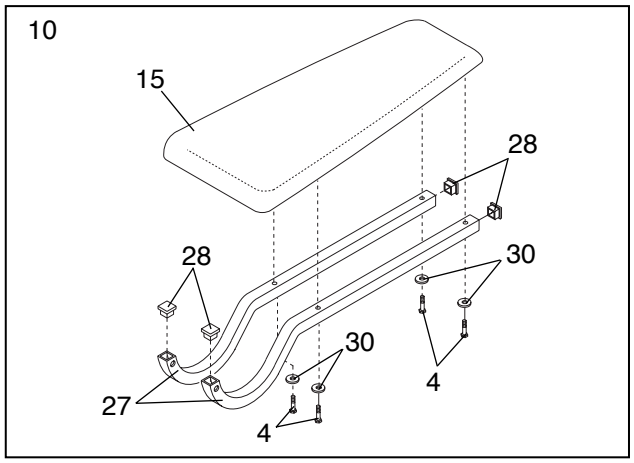
9. Press a 1" Round Inner Cap (12) into each end of the Adjustment Tube (29).

   Insert the Adjustment Tube (29) into the indicated holes in the Uprights (1) in the following manner: First, slide the end with no locking clip partway through the right Upright. Next, slide the end with the locking clip into the left Upright as far as it will go. Finally, rotate the Adjustment Tube until the locking clip snaps into place around the Upright.



10. Press a 1" Square Inner Cap (28) into each end of the two Backrest Tubes (27).

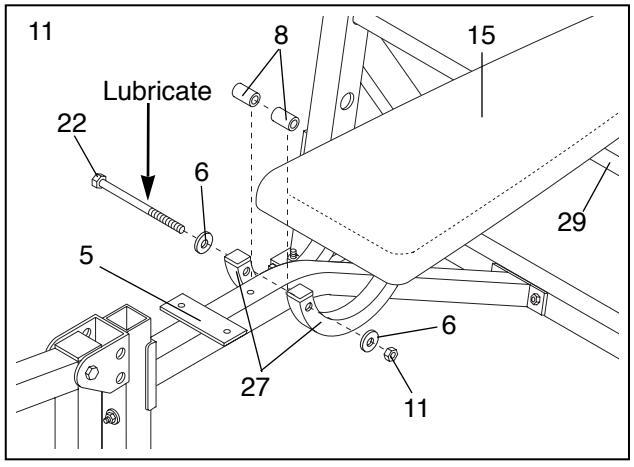
    Attach the Backrest Tubes (27) to the Backrest (15) with four M6 x 38mm Screws (4) and four M6 Washers (30). **Note: Do not tighten the four Screws yet.**



11. Slide an M10 Washer (6) onto the M10 x 155mm Bolt (22). Lubricate the Bolt.

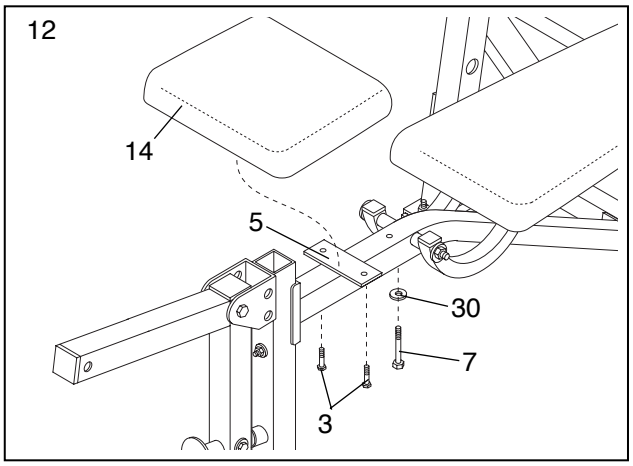
    Place the Backrest (15) onto the Adjustment Tube (29). Slide the M10 x 155mm Bolt (22) through the right Backrest Tube (27) and then slide a 16mm x 18.5mm Spacer (8) onto the Bolt.

    Line up the M10 x 155mm Bolt (22) with the hole in the Bench Frame (5) and slide the Bolt through the Frame until the tip is barely visible on the other side. Place a 16mm x 18.5mm Spacer (8) between the Bench Frame and the left Backrest Tube (27) and slide the Bolt through both the Spacer and the Backrest Tube. Secure the Bolt with an M10 Washer (6) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut. You must be able to freely pivot the Backrest. Tighten the four M6 x 38mm Screws (4) used in step 10.**



12. Attach one end of the Seat (14) to the indicated hole in the Bench Frame (5) with an M6 x 63mm Screw (7) and an M6 Washer (30).

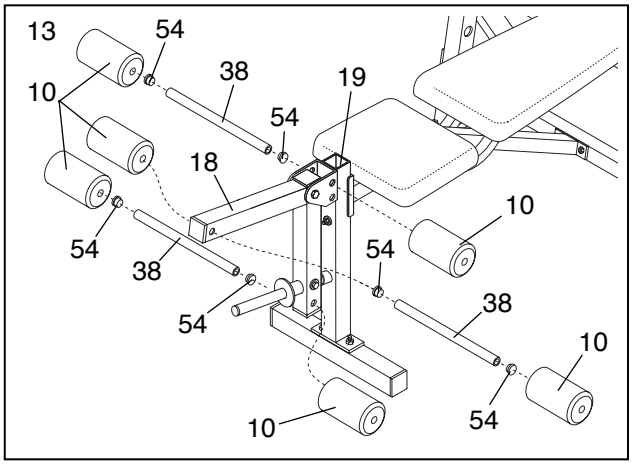
    Attach the other end of the Seat (14) to the bracket on the Bench Frame (5) with two M6 x 16mm Screws (3).



13. Press a 3/4" Round Inner Cap (54) into each end of the three Pad Tubes (38).

    Slide a Foam Pad (10) onto one end of each Pad Tube (38).

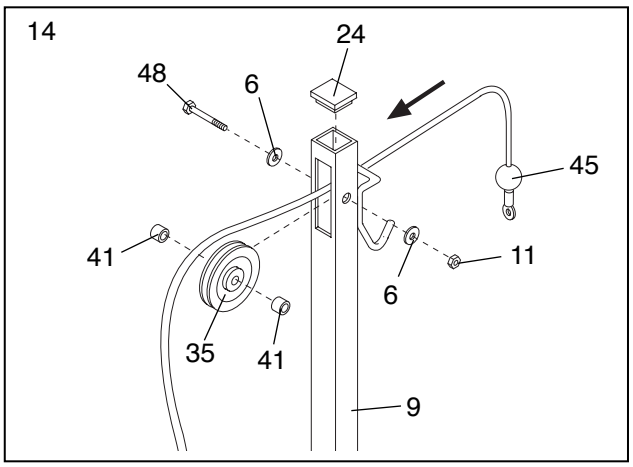
    Slide the free end of each Pad Tube (38) into the indicated holes in the Leg Lever (18) and the bracket on the Front Leg (19). Secure the Pad Tubes by sliding another Foam Pad (10) onto each of them.



14. Locate the Cable (45) and note that it has a closed loop on one end and a ball on the other. Slide the closed loop through the slot in the Lat Tower (9) from the direction shown.

    Place the Cable (45) in the groove of the Pulley (35) and attach the Pulley inside the slot in the Lat Tower (9) with the M10 x 62mm Bolt (48), two M10 Washers (6), two Pulley Spacers (41) and an M10 Nylon Locknut (11).

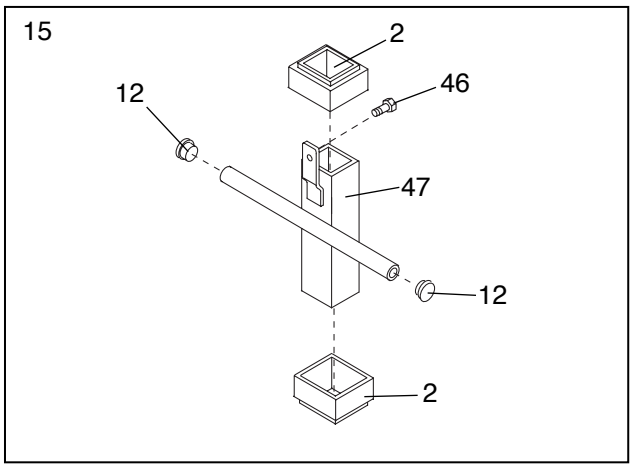
    Press a 45mm x 45mm Square Inner Cap (24) into the top of the Lat Tower (9).



15. Press a Carriage Bushing (2) onto each end of the Weight Carriage (47).

    Press a 1" Round Inner Cap (12) into each end of the weight tube on the Weight Carriage (47).

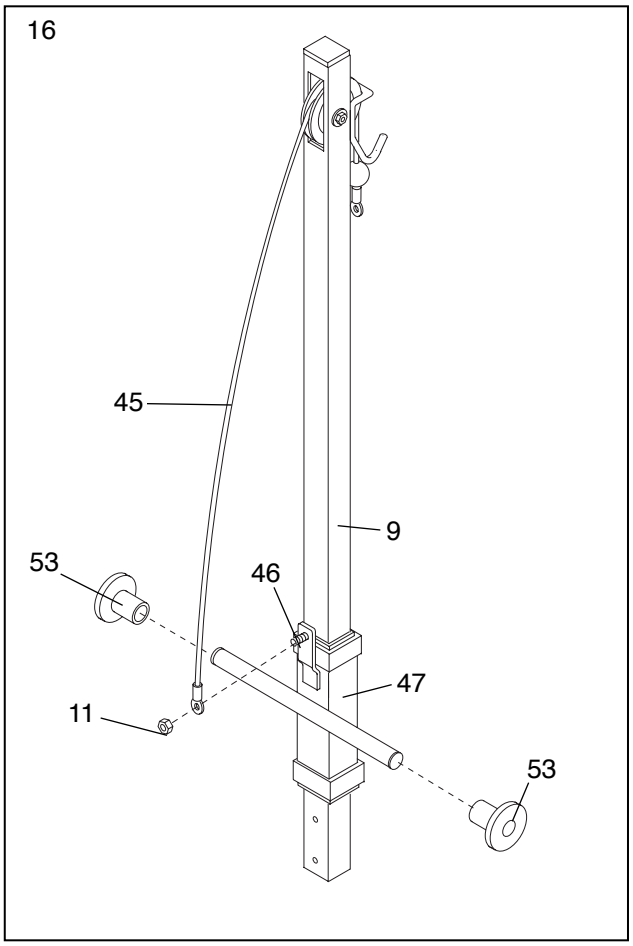
    Insert the M10 x 19mm Bolt (46) through the bracket on the Weight Carriage (47) from the indicated direction.



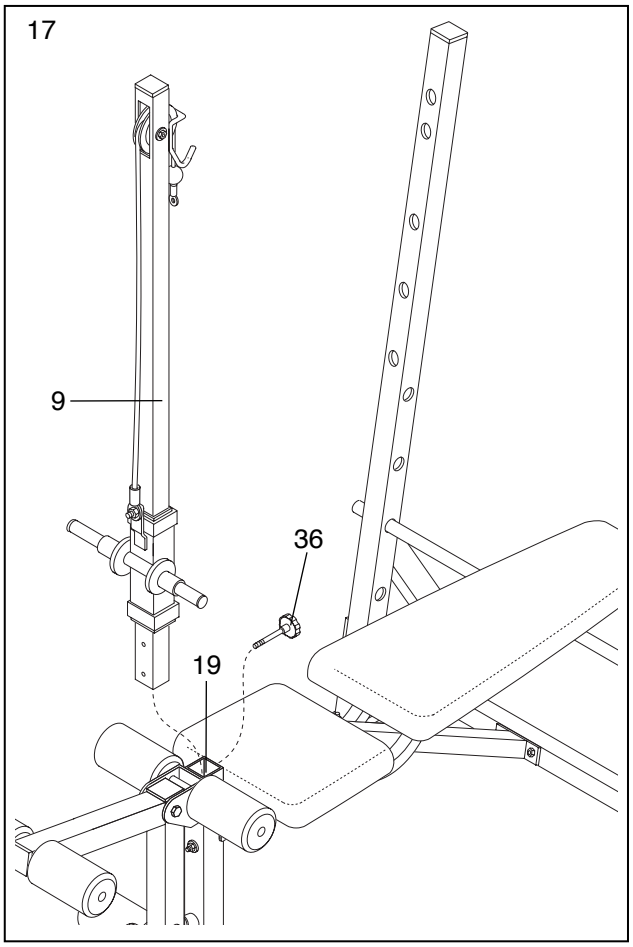
16. Slide the Weight Carriage (47) onto the Lat Tower (9). **Make sure the Weight Carriage is oriented as shown.**

    Slide the closed loop on the Cable (45) onto the M10 x 19mm Bolt (46) in the bracket on the Weight Carriage (47). Secure the Cable with an M10 Nylon Locknut (11).

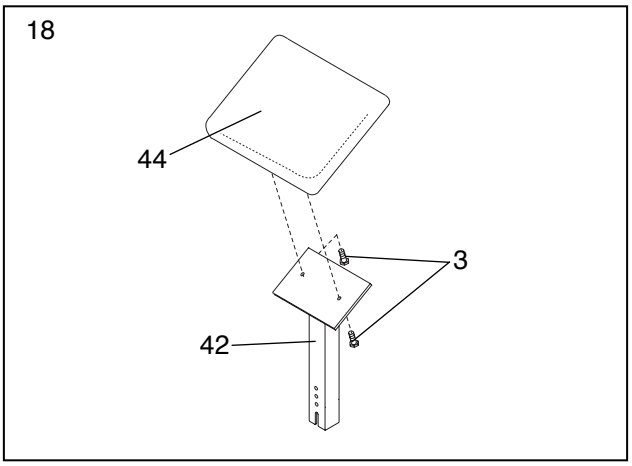
    Slide a Weight Stop (53) onto each end of the weight tube on the Weight Carriage (47).



17. Insert the Lat Tower (9) into the Front Leg (19). **The Lat Tower must be turned as shown.** Secure the Lat Tower with the Adjustment Knob (36).

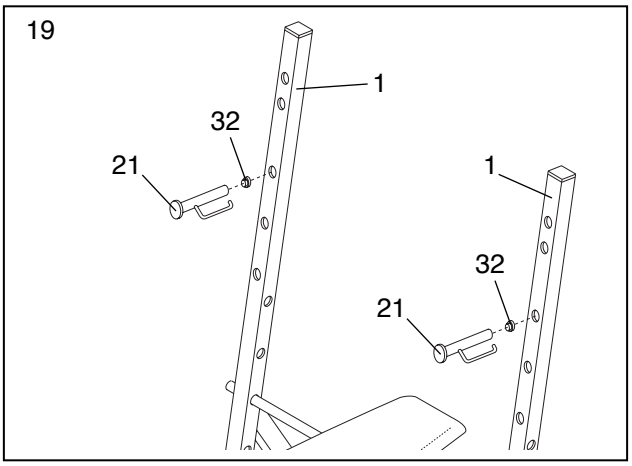


18. Attach the Curl Pad (44) to the Curl Post (42) with two M6 x 16mm Screws (3).



19. Press a 1” Round Inner Cap (32) into the end of each Weight Rest (21).

    Insert the Weight Rests (21) into one set of holes in the Uprights (1). Turn each Weight Rest until the locking clip snaps into place around the Upright. **Make sure both Weight Rests are set at the same height.**



20. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTING THE WEIGHT BENCH starting on the next page.**

Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

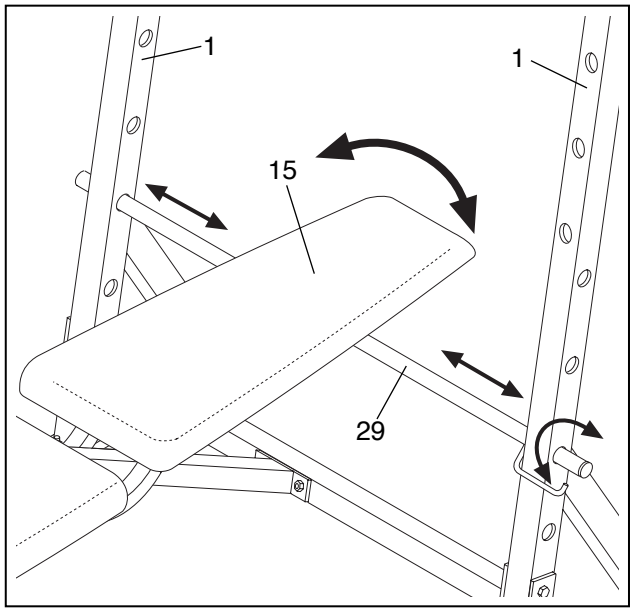
ADJUSTING THE BACKREST

The Backrest (15) can be set to five different positions: a level position, two decline positions and two incline positions.

To change the position of the Backrest (15), move the Adjustment Tube (29) to a different set of adjustment holes in the Uprights (1). To set the Backrest (15) to the lowest decline position, remove the Adjustment Tube (29) and lower the Backrest directly onto the Crossbar (20).

To **remove the Adjustment Tube** (29), follow this procedure: First, rotate the Adjustment Tube until the locking clip is free of the Upright (1). Next, slide the end with the locking clip out of the left Upright. Finally, slide the end with no locking clip out of the right Upright.

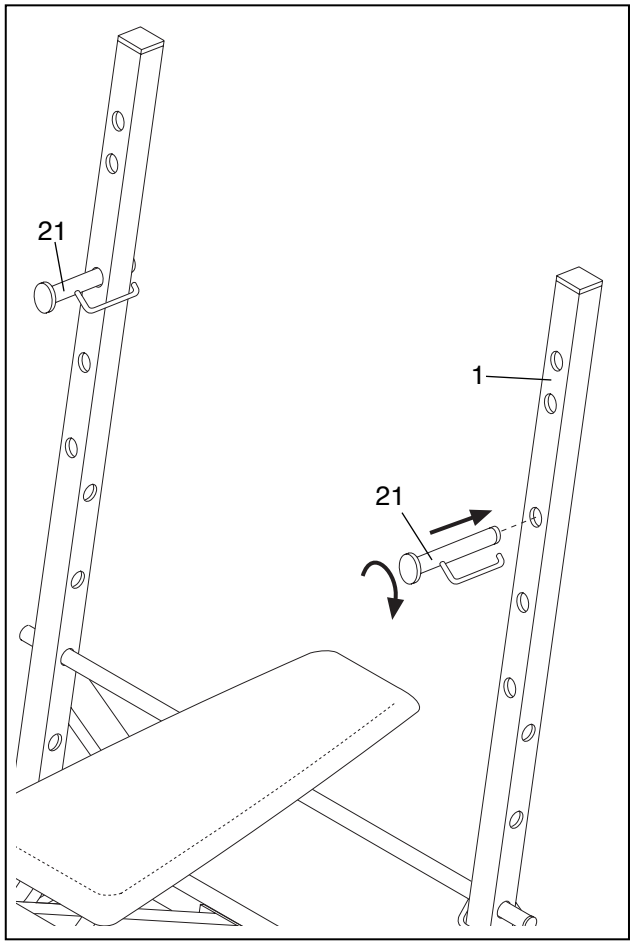
To **re-insert the Adjustment Tube** (29), follow this procedure: First, slide the end with no locking clip partway through the right Upright. Next, slide the end with the locking clip into the left Upright as far as it will go. Finally, rotate the Adjustment Tube until the locking clip snaps into place around the Upright.



ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (21), **first remove your barbell from the Weight Rests.** Then move the Weight Rests to a different set of adjustment holes in the Uprights (1). Make sure you turn the Weight Rest so the locking clip snaps into place around the Upright.

WARNING: Always set both weight rests at the same height.



ATTACHING THE CURL POST OR LAT TOWER

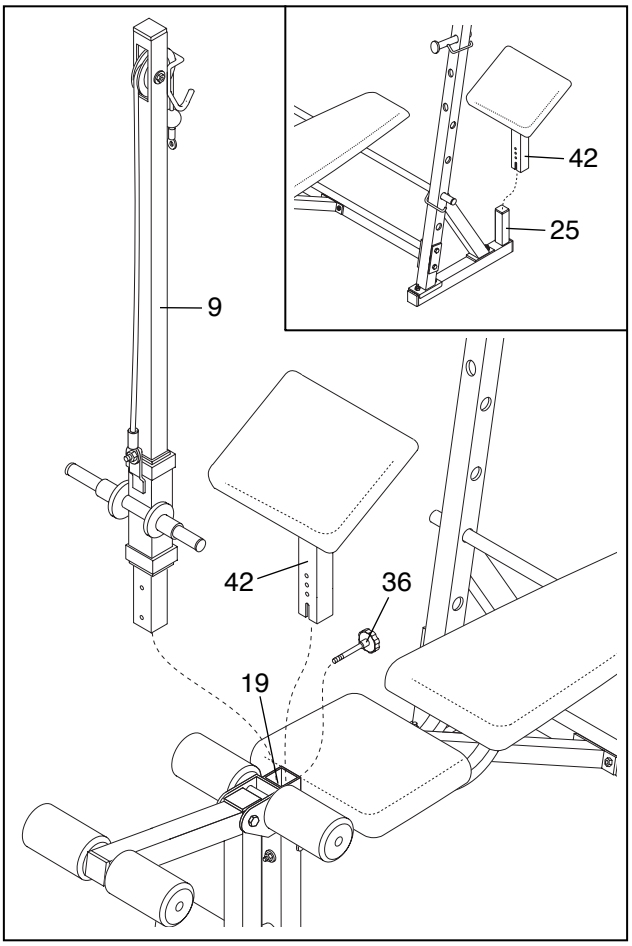
For some exercises, the Curl Post (42) must be attached to the weight bench.

Insert the Curl Post (42) into the indicated hole in the Front Leg (19). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (36). **Make sure that you fully tighten the Adjustment Knob.**

For other exercises, the Lat Tower (9) must be attached to the weight bench.

Insert the Lat Tower (9) into the indicated hole in the Front Leg (19). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Adjustment Knob (36). **Make sure that you fully tighten the Adjustment Knob.**

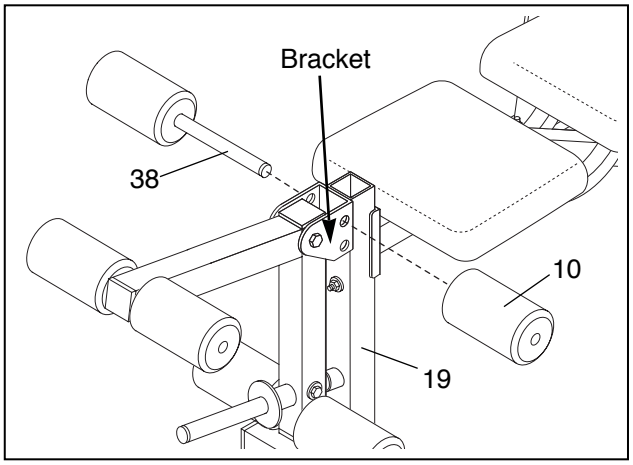
When the Lat Tower or Curl Post are not in use, they can be stored on the storage tube on the Left Stabilizer (25, see the inset drawing). However, for some exercises, you should store these parts away from the weight bench so they do not interfere with your exercise program.



ADJUSTING THE PAD TUBE

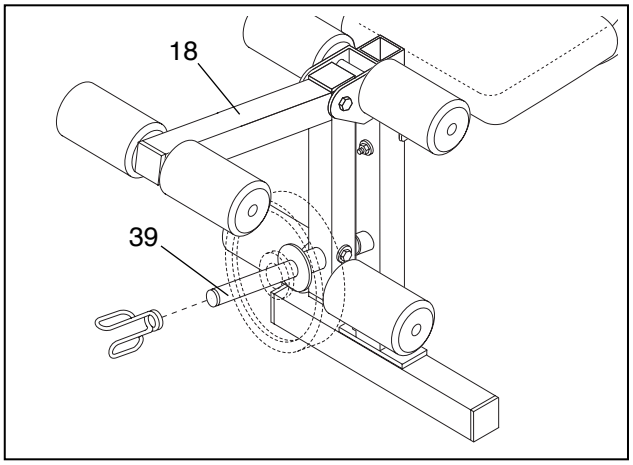
The Pad Tube (38) that is inserted in the bracket on the Front Leg (19) can be adjusted to either a high or low position.

To adjust the Pad Tube (38), remove one Foam Pad (10). Slide the Pad Tube out of the bracket on the Front Leg (19) and re-insert it through the other set of holes in the bracket. Slide the Foam Pad back onto the Pad Tube.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight (not included) onto the Weight Tube (39).



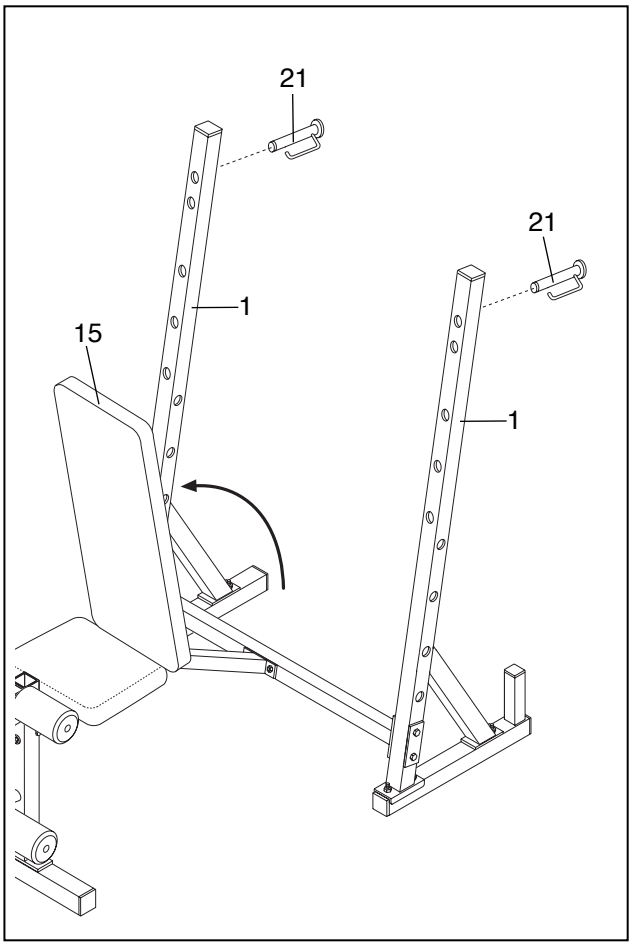
WARNING: Do not place more than 130 pounds on the leg lever.

ADJUSTING THE BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (15) into the upright position by lifting and pulling it forward as far as it will go.

Remove the Adjustment Tube (29, not shown) from the Uprights (1).

Insert the Weight Rests (21) into one of the two highest sets of holes in the Uprights (1). **Important: For squat exercises, the Weights Rests must be inserted from the back, as shown.**



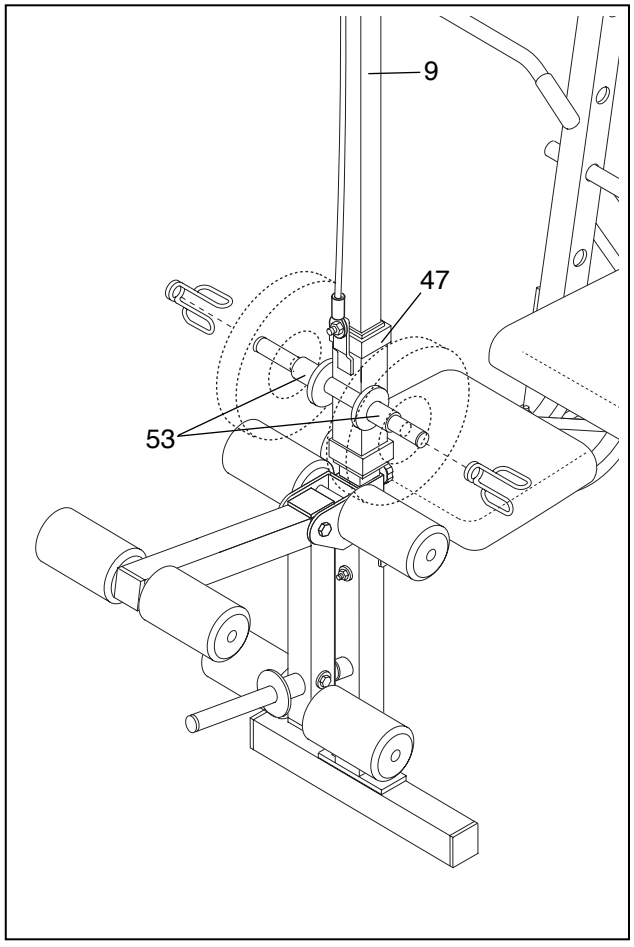
WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

WARNING: Always place 50 pounds on the leg lever to balance the bench when performing squat exercises.

WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.

ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (9), slide the desired amount of weight (not included) onto the weight tube on the Weight Carriage (37). Note: Make sure the two Weight Stops (53) are mounted on the weight tube before sliding the weights in place.

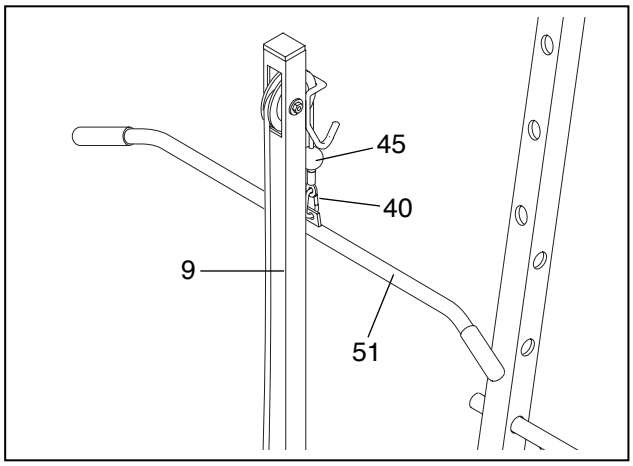


WARNING: Do not place more than 130 pounds on the weight carriage. Always place the same amount of weight on each side of the weight carriage.

When performing an exercise during which you are sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner. Never let the weight carriage drop.

ATTACHING THE LAT BAR TO THE LAT TOWER

To use the Lat Tower (9), attach the Lat Bar (51) to the Cable (45) with a Cable Clip (40).



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

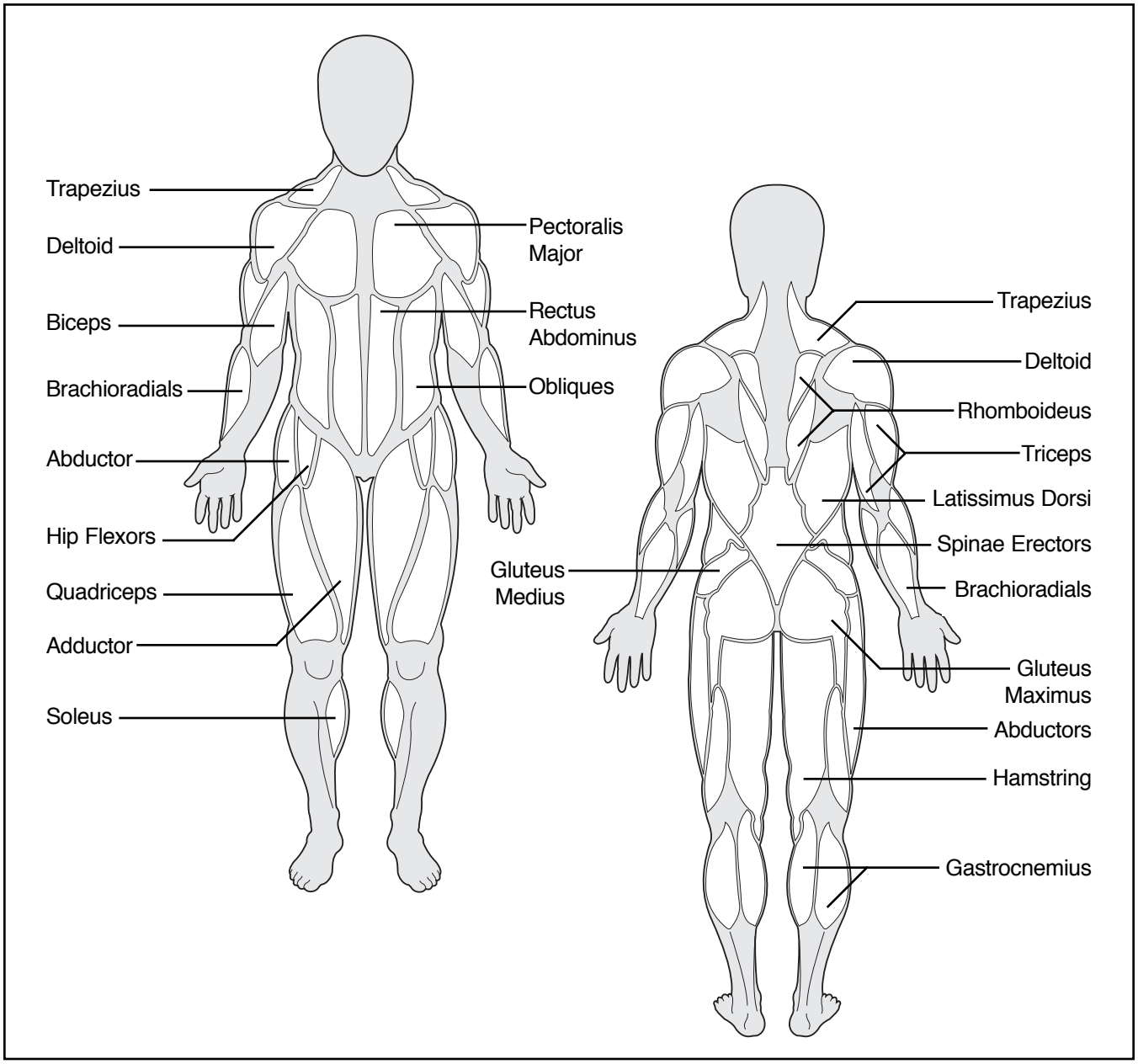
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

Muscle Chart



MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

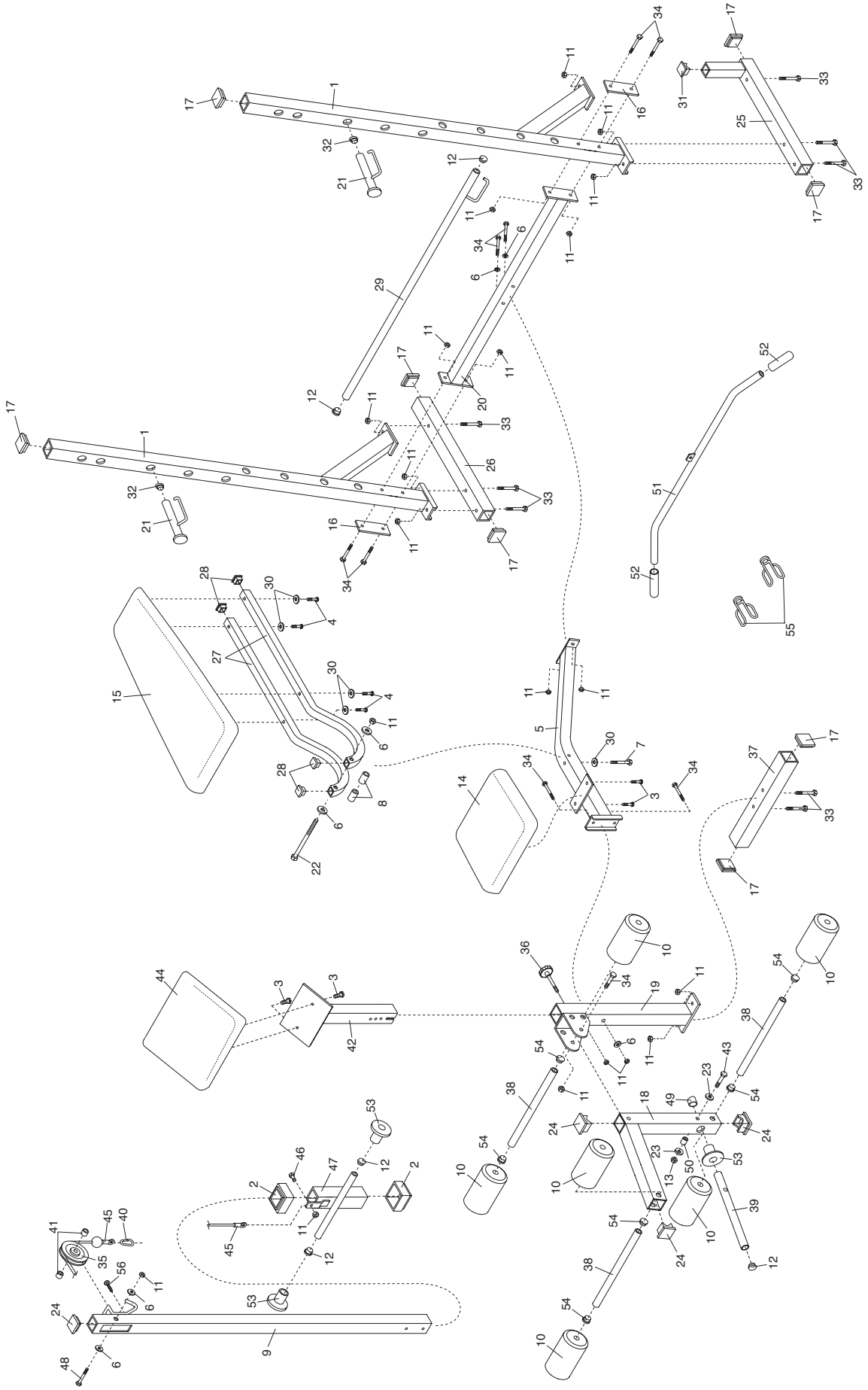
Part List - Model No. WEBE07790 R1299A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	30	5	M6 Washer
2	2	Carriage Bushing	31	1	38mm x 38mm Square Inner Cap
3	4	M6 x 16mm Screw	32	2	1” Round Inner Cap
4	4	M6 x 38mm Screw	33	8	M10 x 62mm Carriage Bolt
5	1	Bench Frame	34	9	M10 x 68mm Bolt
6	7	M10 Washer	35	1	Pulley
7	1	M6 x 63mm Screw	36	1	Adjustment Knob
8	2	16mm x 18.5mm Spacer	37	1	Front Stabilizer
9	1	Lat Tower	38	3	Pad Tube
10	6	Foam Pad	39	1	Weight Tube
11	20	M10 Nylon Locknut	40	1	Cable Clip
12	5	1” Round Inner cap	41	2	Pulley Spacer
13	1	M8 Nylon Locknut	42	1	Curl Post
14	1	Seat	43	1	M8 x 58mm Bolt
15	1	Backrest	44	1	Curl Pad
16	2	Support Plate	45	1	Cable
17	8	2” Square Inner Cap	46	1	M10 x 19mm Bolt
18	1	Leg Lever	47	1	Weight Carriage
19	1	Front Leg	48	1	M10 x 62mm Bolt
20	1	Crossbar	49	1	Angle Cap
21	2	Weight Rest	50	1	Leg Lever Spacer
22	1	M10 x 155mm Bolt	51	1	Lat Bar
23	2	M8 Washer	52	2	Grip
24	4	45mm x 45mm Square Inner Cap	53	3	Weight Stop
25	1	Left Stabilizer	54	6	3/4” Round Inner Cap
26	1	Right Stabilizer	55	2	Weight Clip
27	2	Backrest Tube	56	1	Stop Screw
28	4	1” Square Inner Cap	#	1	User’s Manual
29	1	Adjustment Tube	#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

Exploded Drawing - Model No. WEBE07790

R1299A



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE07790).

2. The NAME of the product (WEIDER® 175 Weight Bench).

3. The SERIAL NUMBER of the product (see the front cover of this manual).

4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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